



Asanas



Vajrasana
(Thunderbolt or
Hero's Pose)



**Adho Mukha
Svanasana**
(Downward
Facing Dog)



Markatasana
(Monkey Twist)



Savasana

Pranayama



**Anuloma-
Viloma**



**Bhramari
pranayama**

Note: Consult your Ob/Gyn before trying these exercises. Speak to a yoga expert to learn the correct steps for each.

References

- 1 Pregnancy Yoga; Art of Living
- 2 Acidity Ailments & Heartburn Management through Yoga; The Yoga Institute
- 3 The effect of Bhramari pranayama on pregnant women having cardiovascular hyper-reactivity to cold pressor test; BiblioMed